IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re the Application of: Arvin Liester

Title: A Frictional Resistance Exercise Apparatus

Serial No.: NA

Filed: 03/30/2004 Group Art Unit: NA

Examiner: NA

Commissioner for Patents
PO Box 1450
Alexandria, VA 22313-1450

Dear Sir:

The Examiner is requested to consider the references cataloged on the enclosed Form during examination of the above-identified patent application. These references are submitted pursuant to the Applicant's duty of disclosure under 37 C.F.R. 1.56.

The references identified in the IDS may or may not be "material" to the patentability of one or more of the pending claims in this application pursuant to 37 C.F.R. 1.56. The submission of this IDS by the Applicant shall not be construed as an admission that any such patent, publication, or other reference referred to herein is, or is considered to be, material to. patentability (37 C.F.R. 197(h)), or even qualifies as "prior art" under 35 U.S.C. 102 and 35 U.S.C. 103 with respect to this invention, unless specifically designated by the Applicant as such. In addition, the filing of this IDS shall not be construed to mean that a search has been made or that no other material information exists.

This IDS is filed pursuant to 37 C.F.R. 1.97(b). This IDS has been filed within either (1) three months of the filing date of the national application, (2) three months of the date of entry in the national stage as set forth in 37 C.F.R. 1.491 for an international application, or (3) before the mailing date of a first office action on the merits. Accordingly, this IDS statement requires no fee and no certification.

Date 3/30)04

Kurt Leyendecker, 42,799 Attorney for Applicant 9241 S Lark Sparrow Drive Highlands Ranch, CO 80126 303.921.9536

ER212371809115

PTO/SB/08A (08-03)

Approved for use through 07/31/2006. OMB 0551-0031
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Substitute for form 1449/PTO	Cor	nplete if Known
	Application Number	NA
INFORMATION DISCLOSURE	Filing Date	3.30.04
	First Named Inventor	Liester
STATEMENT BY APPLICANT	Art Unit	NA
(Use as many sheets as necessary)	Examiner Name	NA
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			U. S. PATENT DO	DCUMENTS	
Examiner Initials*	Cite No.1	Document Number	Publication Date MM-DD-YYYY	Name of Patentee or Applicant of Cited Document	Pages, Columns, Lines, Where Relevant Passages or Relevant Figures Appear
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INFORMATION DISCLOSURE

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Liester

Art Unit

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2 0 3	Attorney Docket Number	AL0001			

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